

## **Table of Contents**

### **Acknowledgments**

### **Introduction**

### **Chapter One: Panama and the Kuna**

- A Brief Historical Overview
- Indigenous Arts of Panama
- Emberá and Wounaan
- Ngöbe-Buglé (Guaymí)
- Pre-Columbian Pottery and Bateas
- Huacas
- Other Contemporary Arts and Crafts of Panama

### **Chapter Two: The Kuna People**

- Kuna History
- Kuna's Economy
- Kuna Politics and Society
- Kuna's Language
- Kuna's Culture and Religion
- Kuna's Indigenous Arts
- Kuna's Molas

### **Chapter Three: Introduction to Molas & Molitas**

- What is a mola?
- Where are molas made?
- Who makes molas?
- When were molas made?
- Why are molas made?
- How is a mola made?

### **Chapter Four: Artistic and Design Sources and Cultural Influences in the Kuna's Mola Art**

- History of Molas
- Non-Indigenous References
- Religion, Folk Tales, Legends and Mythology
- Flora, Fauna and Sea Life

- Transportation and Politics
- Letters, Numbers and Words
- Tools and Implements
- Village Life and Ceremonial Traditions
- Sun, Moon, and Stars
- Abstract and Geometric
- Labyrinths

### **Chapter Five: Comparisons and Variations of Mola Design Themes**

- Contemporary and “*Sergan*”
- Variations and Comparisons of Themes in Mola Designs
- Twentieth Century Design Categories
- Twenty-first Century Contemporary Categories

### **Chapter Six: Mola Aesthetics – *Yer Dailege* (Beautiful)**

- Mola Qualities
- Kuna Artistic Criteria for Mola Creation
- Superior Mola Workmanship
- Collecting and Classifying Contemporary Molas
- Myths About Mola Making
- Molas as Art

### **Chapter Seven: Mola Fabrication Techniques – *Mor Maynamaloe* (“Go Make Molas”)**

- Mola Making Overview
- Mola Color Palettes
- Mola Blouses
- Topstitching or Embroidery Techniques & Workmanship Applied to Molas
- Traditional Mola Fabrication Techniques
- Making Molitas and Creating Complex Molas

### **Chapter Eight: Collecting, Conserving, Preserving and Displaying Molas**

- Collecting Molas
- Contemporary Uses for Molas
- Conserving, Preserving and Displaying Molas